

## Napanapen Omw Fich Ne Angei Aninisin Mwöngö (“Basic Food”):

### Met Kopwe Fori Omw Kosap Ataieno Omw Fich

### Basic Food Eligibility Requirements: What You Need to Know to Keep Your Benefits

#### Omw kana benefit repwe kouno ika pwe kose sopweno ne angang

En mei nomw non tettenin “Able Bodied Adult without Dependents (ABAWD) for Basic Food” (weiweita ika Pekin Aninisin Mwöngö Faniten Ekewe Mei Mwukono, lir Mei Pochokun Nge Ese Wor Nour Semirit) anonganong won omw tongeni angang me ese wor noum me non imwom,

En mei tongeni fich ne angei Anisin Mwöngö (Basic Food benefits) non unungat maram me non iteiten 36 maram, ika pwe kese pwung fan ekewe annukun angang ika “work requirements”.

#### Met kopwe fori pwe omw Aninisin Mwöngö epwe tongeni sopweno

Ika ke mwochen omw kana benefit repwe sopweno tam seni unungat maram, iwe pi kopwe fori eu (ika pwan ekoch) me nein ekkei fofor me fan:

- Kopwe fori omw awan “volunteer” fan ewe prokramen Workfare iteiten maram. Ran omw kopwe chiwen fich ne angei aninisin mwöngö, aiwa pwungueno epwe fite wukukun omw kana “volunteer hours” anonganong won ewe wukukun omw kana benefit ke kan angei iteiten maram.
- Kopwe angang esap kis seni 20 awa eu wik are/ika 80 awa eu maram (average).
- Fiti eu class mei “state approved”, usun eu training program ika mwichen kaeo, usun ekkei:
  - “Basic Food Employment and Training” (BFET). Ren pwan ekoch poraus katon ewe website [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet);
  - “Resources to Initiate Successful Employment” (RISE), minafö (non King ika Pierce county). Ren pwan ekoch poraus katon ewe website [www.dshs.wa.gov/RISE](http://www.dshs.wa.gov/RISE);
  - Ekewe ekoch prokram fan ewe “Workforce Innovation and Opportunity Act” (WIOA). Ren pwan ekoch poraus katon ewe website <https://www.dshs.wa.gov/esa/community-services-offices/wioa>;
  - “AmeriCorps VISTA”; ika
  - “Limited English Proficiency (LEP) Pathway”.

#### Sokopaten osukosuk mei tongeni ataieno omw foforan omw kana awan angang

Mwitir kori kem ika pwe kese tongeni fori omw kewe 80 awa (ika napeseni) me iteiten maram anonganong won:

- En mei terin non inisum me/ika mokurom;
- En mei angei aninis seni pekin “Labor & Industries” (L&I), “Veterans Administration”, are eu sakkun disability insurance mei private;
- En mei omness are ika pwan ekoch osukosuk watte me non nonomwum;
- En mei pwisin tutumwunu eman mei samwaw, terin non inisin/mokuran, ika chinap;
- En mei fiti eu prokramen “chemical dependency treatment” (awewe, eu prokramen aninisin ekewe chon unuwatte sakaw/safei mei afeiengaw) ika pwan eu prokramen rehab;
- Apply ngeni ika angei ekoch unemployment benefit
- En mei fiti sukun/college half-time (ika napeseni);
- En mei angei aninisin “Refugee Cash Assistance” ika “Matching Grant Funds”.

#### Met kopwe repotenong

Kopwe esine ngeni kem ika pwe:

- Kese tongeni fori omw kewe awan angang me non eu maram.
- Omw awan angang repwe kis seni 20 awa non eu wik.
- Wukukun omw famini moni tonong epwe nuno seni ewe koukun, usun a affat non annukun WAC 388-478-0060.

Ke tongeni sinei pwan ekoch porausen ekewe napanapen ABAWD non ewe website [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd).

Kori kem ren 1-877-501-2233 ika pwe e wor omw kapas eis, are ke mwochen sinei pwan ekoch porausen ekewe prokramen training, are ika kopwe repotei och akesiwinin nonomwum.

Ke tongeni churikem me non am ei website [www.washingtonconnection.org](http://www.washingtonconnection.org) pwe kopwe apply ren ekoch benefit, atoura omw review, are repotei och akesiwinin nonomwum.